



AROGYA INSTITUTE

Representation of Minorities in Research: A View from the Community

Sudarshan Pyakurel

Arogya Institute

Founder and President

spyakurel@ArogyaInstitute.org

Member of Bhutanese Nepali Community of Central Ohio

A quick Introduction

Historical & Cultural context: Bhutanese - Nepali



Bhutan is slightly bigger than Maryland



Bhutanese-Nepali Background

- ✓ Heritage: Nepali descent, settled in Bhutan, later expelled, over a decade of resettlement in U.S.
- ✓ Hierarchical society and family
- ✓ Respect for elders is very important; have more authority in family
- ✓ Refugees have very diverse experience
- ✓ Predominantly Hindu – governs clothing, food, communication
- ✓ Large, multi-generational households are common
- ✓ Mental health issues stigmatized – high rate of suicide among refugee communities in U.S.
- ✓ Safe topics: family, food, work, education
- ✓ Building trust is key, if you want to know them

Community coping with Mental Illness

- Prevalence of behavioral health issues (mental health disorders, anxiety, depression, PTSD) (Dr.Kue & pyakuel)
- Other physical & somatic pain manifestations
- Post migration adjustment issues
- Cultural and linguistic barrier
- Logistic and transportation barrier
- Fear toward authority and people in power and positions
- Domestic violence, alcohol and substance abuse increasing
- One of the highest suicide rate (24/100,000: CDC 2011/14)



Representation of Minorities in Research: A View from the Community

"Bhutanese refugees" – google scholar –
result 2.5k "scholarly articles"

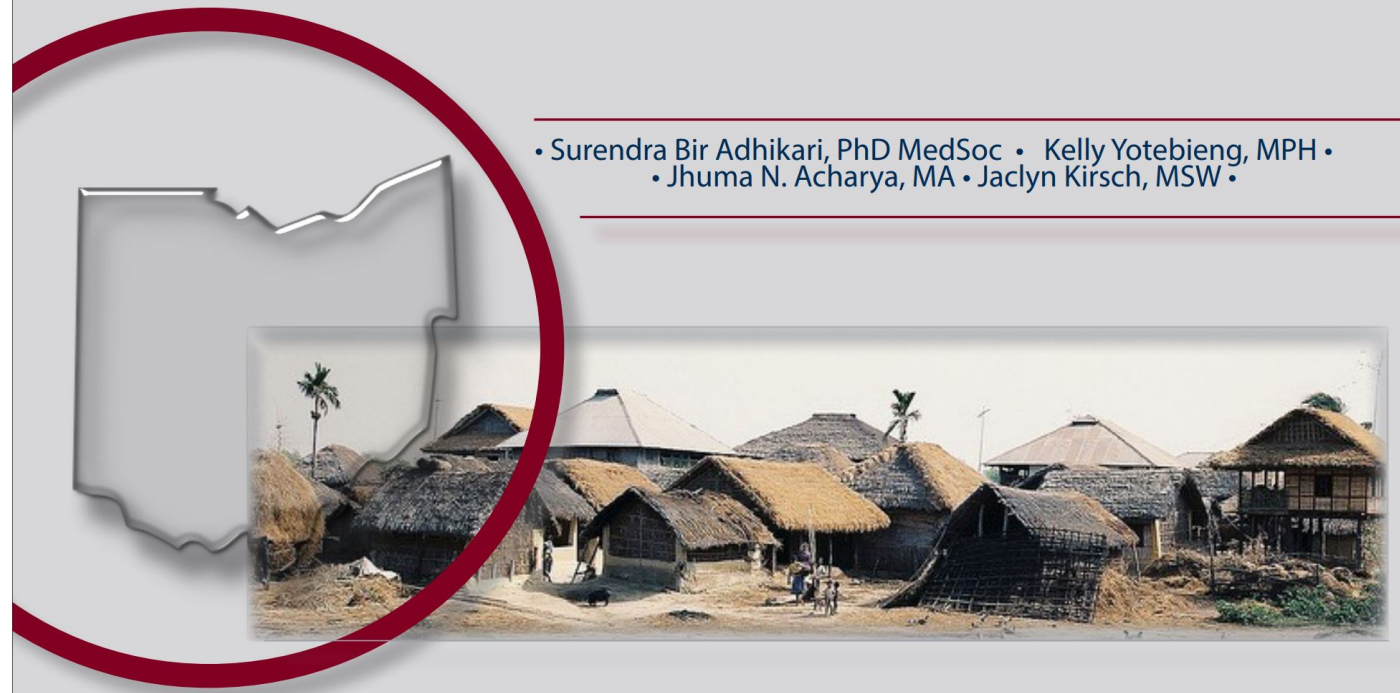
Representation of Minorities in Research: A View from the Community



Representation of Minorities in Research: A View from the Community

Epidemiology of Mental Health, Suicide and Post-Traumatic Stress Disorders among Bhutanese Refugees in Ohio, 2014

• Surendra Bir Adhikari, PhD MedSoc • Kelly Yotebieng, MPH •
• Jhuma N. Acharya, MA • Jaclyn Kirsch, MSW •





Representation of Minorities in Research: A View from the Community



Representation of Minorities in Research: A View from the Community

1. Involvement of the community in the process; ownership
 - ✓ ethics/review committees
 - ✓ data collection
 - ✓ writing, review
2. Why & What you want to research?
 - ✓ Why the community need to participate?
3. How do want to support the community: research /post research responsibility/ethics
 - ✓ Access to community has to go through community board or members
 - ✓ Interviews are better to have in groups
 - ✓ Learning language or cultural awareness is significant
 - ✓ Needs to avoid long-distance survey approach to research
 - ✓ Findings have to be shared with community and need to seek feedback.



Thanks !